

Sample Itinerary for Extreme Adventure with Birthright Israel: **Canada Israel Experience**

DAY 1

Theme: Beginnings

Arrival: Ben Gurion International Airport

Welcome to Israel

Lunch on own in Zichron Yaakov

Opening & ice-breakers in Ramat Hanadiv

Drive north

Overview from Louie Promenade

Check in

Dinner at Hotel

Group program: Hopes and expectations

Overnight: Nes Amim Guest House

DAY 2

Theme: Spirituality & Security in the Galilee

Breakfast

Hike Nachal Kziv National Park

Lunch on own in Tzfat

Tour the mystical city of Tzfat

Overview of the Lebanon border from Avivim

Arrive at Camp Site

Self-cook Poike Dinner

Night Raft with Lanterns on the Jordan River

Late night Bonfire and Tie-in Session

Overnight: Jordan Park camp site

DAY 3

Theme: Golan Heights – Understanding the Issues

Breakfast

Hike the Zavitan national park (W/Lifeguard)

Lunch at Katzrin

Visit Golan Heights Winery

Overview of Syria from Mt. Bental

Drive South

Dinner at hotel

Group program: Mifgash Prep

Overnight: Rimonim Hotel, Jerusalem

DAY 4

Mifgash Day 1

Theme: Jerusalem – the Eternal City

Breakfast

Shechechyanu and Overview from Haas Promenade

Mifgash Begins – Meet the Israelis

Visit City of David and Hezeqiah Tunnels

Lunch in the old city

Tour the Old City of Jerusalem

Shabbat preparations

Kabbalat Shabbat at the Hotel

Festive Shabbat Dinner

Oneg Shabbat Program

Overnight: Rimonim Hotel, Jerusalem

DAY 5

Mifgash Day 2

Theme: Rest and Reflect on Shabbat

Breakfast

Shabbat Program

Lunch at the Hotel

Israel Update with Neil Lazarus

Group program: Yad Vashem Prep

Seudah Shlisheet and Havdallah

Dinner on own in the German Colony

Overnight: Rimonim Hotel, Jerusalem

DAY 6

Mifgash Day 3

Theme: Living in the Shadow of Memory

Breakfast

Tour the Yad Vashem Holocaust Museum

Pizza Lunch at Mt. Herzl

Visit Mount Herzl and the National Military Cemetery

Drive to Netanya

Dinner at Hotel

Group program: Tie-in session

Overnight: Blue Bay Hotel, Netanya

DAY 7

Mifgash Day 4

Theme: The City That Never Stops

Breakfast and checkout

Overview of Tel Aviv from Azrielli Tower

Relive the creation of the state of Israel at Independence Hall
Walk the Streets of Neve Tzedek
Lunch on own in Carmel Market
Visit Rabin Square
Drive south
Overview of the Judaeen Desert from Mitzpe Moav
Camel Trek, Bedouin Hospitality and Hafla Dinner
Late Night Bonfire
Overnight: Kfar Hanokdim Bedouin Camp, Judean Desert

DAY 8

Mifgash Day 5

Theme: Masada – Choosing Our Heroes
Early wake-up and Snack (packed lunches)
Ascend Masada via the Roman Ramp for sunrise
Tour the Ancient Fortress
Descend via the Snake Path
Hike Nachal David National Park
Rest and Relax at the Ein Gedi Dead Sea Spa
Lunch on Own
Mifgash Summary, Soldiers Depart
Drive to Eilat
Check In and Dinner at the Hotel
Group program: Talk with Richard Summers
Overnight: Arcadia Spa Eilat

DAY 9

Theme: The Toronto-Eilat Partnership
Early Wake-Up and Snack
Climb Mount Tzefachot at Sunrise
Breakfast at the Hotel
CIE Tikun Olam Program at a Local School
Lunch on Own in Eilat
Snorkel in the Red Sea at Almog
Dinner at the Hotel
Night Out in Eilat
Overnight: Arcadia Spa Eilat

DAY 10

Theme: Dive into the Negev
Breakfast and checkout
Hike Red Canyon Nature Reserve
Green Project at Kibbutz Lotan
Lunch on Own

Overview from Mitzpe Ramon

Bike at the Yeruham Lake

Dinner at Hotel

Group Program

Overnight: Kibbutz Mashabei Sade Guest House

DAY 11

Theme: Revolution in the Desert

Breakfast and checkout

Hike Ein Ovdar National Park

Overview from Ben Gurion's grave at Sde Boker

Lunch on own at Sde Boker

Drive north

Check in

Shabbat Preparations

Kabbalat Shabbat at the Hotel

Festive Shabbat Dinner

Oneg Shabbat Program

Overnight: Kibbutz Yehiam Guest House

DAY 12

Theme: Rest and Reflect on Shabbat

Breakfast

Shabbat Program

Lunch at the Hotel

Tour of the kibbutz

Dinner at Hotel

Group Summary

Seudah Shlisheet and Havdallah

Dinner on Own in Nahariya

Overnight: Kibbutz Yehiam Guest House

DAY 13

Theme: L'Hitraot!

Breakfast and checkout

Depart for Airport

Departure: Ben Gurion International Airport